

## Cooking matters to nutrition students

Fourteen members of the community recently joined Jenny Chavez, Oregon State University Extension Service Nutrition Program Coordinator, for six weeks of nutrition and healthy cooking classes in Heppner.

The Cooking Matters program was sponsored by the Community Health Improvement Partnership (CHIP) of Morrow County, which promotes education and strategies to improve the health and well-being of people who live, work and play in Morrow County. Lessons for substituting healthier ingredients and recipe options, reading food labels and understanding the nutrition content of food kept the participants engaged and desiring more information each week.



Participants in the recent Cooking Matters program took turns preparing budget-friendly and healthy meals each week, in addition to lessons about the nutritional value of fruits and vegetables. Pictured (L-R) are participants Francis Dion and Claudia Springer. —Contributed photo

One participant was astonished, "...that a plastic model of fat could depict just how much an extra five pounds looks and feels when the body is carrying it!"

Another indicated, "Making a healthier choice isn't always a harder choice,

it just means making yourself aware of what and how much you are eating."

For tips on healthier eating, visit the websites <http://www.choosemyplate.gov> or [healthfinder.gov](http://healthfinder.gov) and search for the Heart Healthy Foods Shopping list.

## CITY WATER TO GO UP

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crease by \$1.50. No reason was given for that particular breakdown, but the council decided not to follow the recommendation of the utility commission, and instead just do a flat \$2 water and \$2 sewer increase.

In other action the council approved increased fees for installation of new water service in Heppner. It will now cost \$800 to hook up a one-inch water service, up from \$300.

In other business the council approved a request from David Piper of 580 Main St. to keep 15 chick-

ens and up to four cows on his property.

Heard from City Manager Kim Cutsforth that she is working with the Morrow County Grain Growers on property they are prepared to donate to the city for a new fire hall on Riverside Street. Cutsforth said MCGG was prepared to donate land between Riverside and the highway near Devin Oil for use for the new fire hall, but there would be (unnamed) conditions on the donation.

The council heard a report from the Heppner

housing Authority Chairman Judy Buschke that there were currently four vacancies at the St. Patrick's Senior Housing in Heppner.

The council also heard a report from Public Works Director Chad Doherty that there had been some vandalism at the city park restroom. He said the vandals broke a toilet paper dispenser, vandalized the paper trowel dispenser, stole all the toilet paper and plugged the toilets. Doherty speculated that it was kids who had done the damage.

## Baker reappointed to Boardman planning commission

During their Dec. 2 council meeting, Boardman City Councilors reappointed Glaya Baker to the Boardman Planning Commission. She is currently serving as the chairman of the planning commission until her term expires on Dec. 31 of this year.

The planning commission is comprised of seven members appointed by the city council and is a permanent advisory body to the council on matters

related to planning and development. The commission holds monthly public meetings to consider land use and zoning matters presented by staff, such as plan amendments, zone changes and amendments, conditional use permits, variances and tentative subdivision projects. Meetings are the third Wednesday of each month at 7 p.m. at Boardman City Hall.

Baker has been on the Boardman Planning

Commission for 24 years; many of those years she has served as the Commission Chairman. Her new term begins Jan. 1, 2015 and ends on Dec. 31, 2017.

Currently the planning commission has two vacancies. Interested parties must be adult residents of the City of Boardman and be willing to commit to the monthly meetings. For more information, contact Boardman City Hall at 541-481-9252.

## Inland Northwest Musicians announce Echo concerts

The Inland Northwest Chorale and Orchestra under the direction of R. Lee Friese will present both of their annual "Christmas in Echo" concerts on Friday, Dec. 12, at 6 p.m. and 8 p.m. at Echo Community Center, 20 So. Bonanza, Echo, OR.

This is a change from past years. The local merchants in Echo are participating in this celebration. Several business and restaurants will remain open during the evening, there will be carolers on the street before and in between the concerts, and decorations will be lighted for the evening.

There will be a reception between the concerts in the ballroom at Sno Road Winery, 210 W Main St., two short blocks from the community center.

There is no charge for the concert. However, donations will be gladly accepted at the door. Season Sustaining Memberships are also available for \$50.

Organizers say these concerts are popular, so it is necessary to phone 541-289-4696 or e-mail [inwm@machmedia.net](mailto:inwm@machmedia.net) to reserve a seat at the performance of choice. Please leave your name and number of seats requested. Those without reservations will be seated as seats are available when

all reserved seats have been allotted.

The program includes many favorite Christmas selections and introduces listeners to some new music of the season. The chorale will sing Ding Dong Merriely on High and Angels' Carol by John Rutter.

## Correction

Several points in the news article entitled "Health district sets goals" in the Dec. 3 issue of the Heppner Gazette-Times were incorrect.

The district did not approve hiring new paramedics for the north end of the county.

Rather, MCHD approved applying for a grant through a Moda Health pilot program, which would allow the three north-end existing paramedics to do home visits to help patients manage their healthcare needs. The program goal is

to reduce hospitalizations and emergency room visits.

Also in error was the statement that \$193,503 in contractuals was to be paid back to Medicaid. According to MCHD Chief Financial Officer Nicole Mahoney, MCHD has contracts with insurance companies to pay them less than 100 percent percent of what MCHD bills them for patient care. The \$193,503 was what MCHD will not receive from insurance payments and was the amount written off as contractual adjustments by the district.

## Community lunch menu

United Methodist Church members will serve lunch on Wednesday, Dec. 17, at St. Patrick's Senior Center.

The meal will include oven fried chicken, citrus sweet potatoes, apple spinach salad, cranberry sauce, bread sticks and peach cobbler. Milk is served at each meal.

Suggested donation is \$3.50 per meal. Menu is subject to change.

## Public invited to HHS basketball 'Blue and Gold Madness'



The HHS varsity basketball teams invite Mustang fans to show their support at the upcoming Blue and Gold Madness event Thursday night. —Contributed photo

The Heppner High School boys and girls basketball programs will present Blue and Gold Madness at HHS this Thursday, Dec. 11.

Doors open at 5:30 p.m. Activities and entertain-

ment will take place from 6:30 p.m. to 8 p.m. and will include raffle items, scrimmaging, player skill competition, prizes for the audience, Coach Mike Krzyzewski autographed shirt up for auction and

Portland Trailblazers team autographed banner up for auction.

Admission is \$2. Mustang fans are invited to come show their support for the HHS basketball programs.

## RHEA TO RETIRE

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advised us that only about three percent of us would get jobs in our field," said Rhea. "Looking back, that pretty much held true."

Looking for more secure job opportunities, Rhea returned home without a degree and went to work on the Grieb farm, where he stayed for two years. He next went to Hermiston and worked for a year for Sandpiper Land Co. During that time he was also maintaining a long-distance relationship with another Heppner graduate, Molly Pierce, while she was in the nursing program at Good Samaritan in Portland.

The couple was married in 1977, and they divided their time between Portland and Morrow County until Molly graduated in 1979. They spent their winters living in an apartment in northwest Portland, with Steve working for J. A. Freeman and Son while she attended school, and returned to work on the Grieb farm during the summer. After her graduation, Steve took a job running Larry Lindsay's hay operation for a year. In 1980, Rhea's father retired from managing Gary Grieb's farm, and Grieb offered the job to Rhea. It was during that time that their two children, Macy and Trevor, were born.

In September of 1986, Rhea left the Grieb farm and took a job as an insurance agent with Turner, Van Marter and Bryant. He stayed with the insurance company through its transition to Van Marter and Kahl Insurance and then Wheatland Insurance in November of 2000.

After such a long stint working with the South Morrow community, and especially its farmers, Rhea says he has mixed feelings about retirement.

"It's gonna be a relief not to have to deal with the paperwork and everything. The workload is starting to drag me down," admits Rhea, who says the insurance business is intensive, with detailed documentation, as well as paper backups required even in this digital age.

"I'm not gonna miss the stress of the workload, but I am going to miss the people who have been my insured and my friends for the last 29, 30 years. That's the hard part," he adds.

Rhea says he has several plans for retirement, starting with a lot of chores to finish up around their home of nearly 30 years. Yard work also tops the list, but Rhea says he hopes to pursue some hobbies as well, such as hunting and fishing.

"Hopefully I'll get to do that more during the week, and not on the weekend like I've been forced to do till now," he says. "I'm just looking forward to being able to do the things I want to do."

He also says that he and Molly hope to spend time traveling, which they both enjoy.

Many also associate Rhea with his passion for firefighting. He is currently the Assistant Fire Chief for

the Heppner Fire Department, where he has volunteered for nearly 25 years. Rhea also will go into his 15<sup>th</sup> year as a wildland firefighter during next year's fire season. Retirement from his day job doesn't

Steve Rhea has served area farmers for nearly 30 years, as this ad from 1990 testifies.

have any effect on those pursuits; Rhea will continue to serve as a firefighter "as long as my health holds up," he says.

While Rhea's last work day isn't until Dec. 30, Wheatland Insurance will hold an open house in his honor next Thursday, Dec. 18, from 2 to 5:30 p.m.

Meanwhile, as Rhea tries to tie up loose ends in what he says is one of the most hectic insurance months of the year, his biggest sentiment seems to be gratitude.

"This job's been very good to me and so has the community. I'd like to thank everybody for the business and support," he says. "I'm starting to insure third generations on some of these people I started with. That speaks volumes."

## More Chrisma will be placed on HUMC tree Sunday

The third week of Advent begins with the second presentation of Chrismas at Heppner United Methodist Church on Sunday. At Heppner UMC, the Chrismas in use were created many years ago by Peggy and Earl Fishburn and Debbie Koffler.

The HUMC choir, under the direction of Jean

Brazell, will sing People, Look East. Hymns will include Take Time to Be Holy; Oh God, Our Help in Ages Past; Hark the Herald Angels Sing; and Every Time I Feel the Spirit. Scripture from Isaiah, John and Psalms will be read by liturgist Kathie McGowan.

Following the service, everyone is invited to gath-

er in the community room for refreshments and fellowship.

Service begins at 10:30 a.m. All are welcome. The Heppner United Methodist Church is located at 175 West Church St. For more information call 541-676-9224 or e-mail [heppneromethodists@gmail.com](mailto:heppneromethodists@gmail.com).

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